

Vinnies Workshops



Social Justice

Homelessness

Wellbeing



Vinnies
good works

Social Justice

Introduction to Vinnies Year K - 2

- How Vinnies was established
- What Vinnies does today
- How students can help people

This session includes art-based learning. Duration: 30 minutes.

Social Justice Superheroes Year 3 - 4

- How to be a Social Justice Superhero
- Poverty
- Emergency Assistance service
- Empathy-building activity

Duration: 40 minutes.

Challenging Social Injustice Year 5 - 6

- Social Justice
- Challenges of poverty
- How the Vinnies Shops help people in our community
- See, Think, Do

Duration: 60 minutes.

Night Patrol Van Visit Year K - 6

- Brief overview of Primary Homelessness
- How the van helps people experiencing Primary Homelessness.
- Tour of the van

Duration: 15 minutes.

Homelessness

A Home Year K - 2

- What is a home
- Introduction of homelessness
- How Vinnies helps people experiencing homelessness
- What students can do to help

This session includes art-based learning. Duration: 40 minutes.

Fighting the Cold Year 3 - 4

- Primary and Secondary Homelessness
- Challenges of having no shelter
- Hypothermia
- How students can help

Duration: 40 minutes.

Breaking the Stigma Year 5 - 6

- Three types of homelessness
- Myths regarding homelessness
- Empathy-building activity
- How students can help
- Vinnies Services that help people experiencing homelessness

Duration: 60 minutes.

Sleepouts

A school sleepout aims to put students in the shoes of people experiencing primary homelessness.

Primary School Sleepout

A Vinnies School Engagement Officer can attend your school sleepout to teach students about homelessness and facilitate some homelessness-based activities. Duration 60 minutes.

Secondary School Sleepout

A Vinnies School Engagement Officer can attend your school sleepout to teach students about homelessness and facilitate some homelessness-based activities. Duration 60 minutes.

We are also keen to help build the skills of existing senior students who may not be in a current leadership position or have the opportunity to present or facilitate activities within their school. As such, we are piloting student-lead sleepouts with the support of Vinnies staff. This may involve a Vinnies staff member attending the school prior to the sleepout and discussing activity options for the night and providing resources and information to the students leading the night. This is optional, if your school would prefer a Vinnies representative, please contact our School Engagement Team to arrange a date.

Wellbeing

The DARE Program aims to reduce incidences and severity of mental illness through exploring preventative factors.

DARE 1 Year 3 - 4

- Values and Strengths
- Emotions
- Friendships
- Help-Seeking and Wellbeing

These sessions include art-based learning. Duration: all day (1 session)

DARE 1 Year 5 - 6

- Values and Strengths
- Emotions
- Healthy Friendships and How to Support a Friend
- Help-Seeking and Wellbeing

Duration: all day (1 session)

DARE 4 Year 3 - 4

- Values and Strengths
- Emotions
- Friendships
- Help-Seeking and Wellbeing

These sessions include art-based learning. DARE4 is delivered in 4 x 80-minute sessions.

Wellbeing

DARE4 Year 5 - 6

- Values and Strengths
- Emotions
- Healthy Friendships, Boundaries and Building Connections
- Social Media and Gaming
- Mental Health
- Wellbeing

DARE4 is delivered in 4 x 80-minute sessions.

DARE8 Year 3 - 4

This workshop explores the following topics in more depth;

- Values and Strengths
- Emotions
- Friendships
- Social Media and Gaming
- Help-Seeking and Wellbeing

These sessions include art-based learning. DARE8 is delivered in 8 x 80-minute sessions.

DARE8 Year 5 - 6

This workshop explores the following topics in more depth;

- Values and Strengths
- Emotions and Mental Health
- Friendships and Supporting a Friend
- Social Media and Gaming,
- Help-Seeking and Wellbeing.

DARE8 is delivered in 8 x 80-minute sessions.

Health

What We Feed Ourselves Year 9 - 10

This program aims to reduce incidences of chronic disease and harm. This is a 3-part program, but each session can be stand-alone.

Duration: 60-80 minutes per session.

Session 1: Alcohol and Other Drugs

- Harm minimisation strategies for alcohol and other drug use
- When to call an ambulance
- Normalising the choice to not use alcohol or other drugs

Session 2: Nutrition and Body Image

- Introduction to nutrition
- Importance of a balanced diet
- How to spot misinformation
- Promoting healthy body image

Session 3: Sleep and Self-Care

- Importance of sleep
- Risks of sleep-deprivation
- Self-care

Contact

If you would like to book a workshop or make an enquiry please contact the School Engagement Team via email: schools.cg@vinnies.org.au

Meet the Team



Teah
Youth Liaison Officer
School Engagement



Travis
Manager
Youth and Young Adults



Sharkie
Youth Liaison Officer
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